


# Summer Lunch Menu ♦ Grades 6-8



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Chicken Salad Sandwich on whole grain bread 1/2 c. Green beans 1/2 c. Sautéed Broccoli 1/2 c. Fresh fruit salad (Mandarin Oranges, Apples, Banana, Grapes) 1/2 c. Apple Slices Milk***	Hamburger on a whole wheat bun 2/3 c. Baked beans Tossed salad (1 cup Romaine lettuce, tomato, mushrooms, cucumber) 1/2 c. Fresh Peach Slices Milk	Toasted Turkey Ham & Cheese on whole grain bread 1/2 c. Green Peas 1/2 c. Summer Yellow Squash 1/2 c. Fresh Watermelon Chunks Milk	Barbecued Chicken Whole grain roll 1/2 c. Sweet corn Tasty Sweet Potato Tots 1/2 c. Fresh Cantaloupe Milk	Stromboli on whole grain bread 1/2 c. Fresh Carrots Sticks w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Three bean salad 1/2 c. Honeydew Whole Grain Oatmeal Cookie Milk
<b>Week 2</b>	Chicken Tetrizzini (3/4 cup) Whole Grain French bread 1/2 c. Seasoned broccoli 1/2 c. Cucumber & Tomatoes w/ 2 tbsp. Low-fat ranch dip 1/2 c. Fresh Pineapple Chunks Milk	Sloppy Joe on whole grain bun 1/2 c. Green beans Tasty Sweet Potato Tots 1/2 c. Fresh Strawberries Milk	Chicken Nuggets 1/2 c. Orange glazed carrots 1/2 c. Succotash 1/2 c. Fresh cantaloupe 1/2 c. Low-fat vanilla yogurt w/ 1/4 c. Granola (Whole grain) Milk	Mozzarella Crusted Pollock w/ Whole Grain Vegetable Pasta Salad 1/2 c. Fresh Red peppers 1/2 c. Hummus 1/2 c. Fresh sliced peaches Whole grain blueberry muffin Milk	Veggie or Soy Burger on a whole wheat bun 1/2 c. Potato Salad 1/2 c. Sautéed spinach 1/2 c. Fresh honeydew Milk
<b>Week 3</b>	Vegetable Pizza with whole grain crust 1/2 c. Potato wedges 1/2 c. Green Beans Low-Fat Strawberry Yogurt 1/2 c. Fresh Blueberries Milk	Honey Mustard Chicken Wrap on whole grain tortilla 1 c. Berry and Spinach Salad 1/2 c. Sweet Corn 1/2 c. Fresh watermelon chunks Milk	All Beef Hotdog on Whole Grain Bun 1/2 c. Tomato & Cucumber w/ 2 Tbsp. Low-fat Ranch Dip 2/3 c. Baked beans 1/2 c. Fresh Honeydew Chunks Milk	Chicken penne (1 1/2cup) Whole grain roll 1 c. Tossed Salad (romaine lettuce, tomatoes, mushrooms, cucumber) 1/2 c. Fresh grapes Milk	Beef & Bean Burrito Whole grain tortilla chips w/ 1/4 c. Fresh Salsa 1/2 c. Fresh Baby Carrots Whole Banana Milk
<b>Week 4</b>	“Quirky” Chicken Quesadilla (whole grain-rich tortilla) 1/2 c. Three Bean Salad 1/2 c. Sweet corn 1/2 c. Pineapple chunks Milk	Whole Grain Rotini and Meat Sauce 1 c. Tossed salad (romaine lettuce, tomato, mushrooms, cucumber) 1/2 c. Fresh blueberry and banana salad Milk	Crunchy Hawaiian Chicken wrap on whole grain tortilla 1/2 c. Scalloped potatoes 1/2 c. Green beans 1/2 c. Fresh strawberries Milk	1 cup Whole Grain Rainbow Rice 1/2 cup Sautéed Spinach 1/4 c. Hummus w/ whole grain pita chips 1/2 c. Fresh raspberries Milk	Pork Salad Wrap on whole grain tortilla Mozzarella Cheese Stick Tasty Sweet Potato Tots 1/2 c. Green peas 1/2 c. Fresh orange slices Milk
<b>Week 5</b>	Chicken Salad Sandwich on whole grain bread Tasty Sweet Potato Tots 1/2 c. Sesame Broccoli Whole Banana Milk	Sloppy Joe on whole grain bun 1/2 c. Lentils of the Southwest 1/2 c. Sweet corn 1/2 c. Sliced Cantaloupe Milk	Roasted Fish Crispy Slaw Wrap on whole grain tortilla 1/2 c. Three bean salad 1 c. Tossed Salad (spinach, cucumbers, mushroom, cherry tomato) 1/2 c. sliced strawberries Milk	Cheeseburger on a whole grain bun 1/2 c. Summer Squash 1/2 c. Potato Salad Fresh plum Milk	Stir Fry Fajita w/ 1/2 c. whole grain Rice Whole Grain Roll 1/2 c. Carrots w/ 2 tbsp. Low-fat Ranch dip 1/2 c. Fresh Watermelon Milk

\*\*\*1% Unflavored milk and Non-Fat/Skim Flavored Milk offered as daily milk options

# Summer Lunch Menu • Week 1 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Chicken Salad Sandwich on whole grain bread</b> 1/2 c. Green beans 1/2 c. Sautéed Broccoli 1/2 c. Fresh fruit salad (Mandarin Oranges, Apples, Banana, Grapes) 1/2 c. Apple Slices Milk	<b>Hamburger on a whole wheat bun</b> 2/3 c. Baked beans <b>Tossed salad (1 cup Romaine lettuce, tomato, mushrooms, cucumber)</b> 1/2 c. Fresh Peach Slices Milk	<b>Toasted Turkey Ham &amp; Cheese on whole grain bread</b> 1/2 c. Green Peas 1/2 c. Summer Yellow Squash 1/2 c. Fresh Watermelon Chunks Milk	<b>Barbecued Chicken Whole grain roll</b> 1/2 c. Sweet corn <b>Tasty Sweet Potato Tots</b> 1/2 c. Fresh Cantaloupe Milk	<b>Stromboli on whole grain bread</b> 1/2 c. Fresh Carrots Sticks w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Three bean salad 1/2 c. Honeydew <b>Whole Grain Oatmeal</b> <b>Cookie</b> Milk		
<b>Fruits</b>	Fruit salad= 1/2 cup Apple slices = 1/2 cup	Peaches= 1/2 cup	Watermelon= 1/2 cup	Cantaloupe= 1/2 cup	Honeydew= 1/2 cup	<b>3 cups</b>	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Broccoli= 1/2 cup	1 cup Romaine lettuce= 1/2 cup eq.				1 cup	1/2 cup
<b>Red/Orange</b>				Tasty Tots (Sweet Potato)= 3/8 cup	Carrots= 1/2 cup	1 1/8cup	3/4 cup
<b>Beans/Peas (Legumes)</b>		2/3 cup Baked Beans= 1/2 cup eq.			Three bean salad (kidney beans)= 1/2 cup	1 1/6 cup	1/2 cup
<b>Starchy</b>			Green peas= 1/2 cup	Sweet corn= 1/2 cup		1 cup	1/2 cup
<b>Other</b>	Green beans= 1/2 cup	Salad (1/8 cup Cucumber & 1/8 cup Green pepper)= 1/4 cup	Yellow squash = 1/2 cup	Tasty Tots (Onion & Chickpeas)= 1/4 cup		1 1/2 cup	1/2 cup
<b>Total Vegetable</b>						<b>5 5/8 cup</b>	<b>3 3/4 cups</b>
<b>Grains*</b>	Whole grain bread 2 oz.	Hamburger bun= 2 oz.	2 slices bread= 2 oz.	Whole grain roll= 1 oz.	Stromboli= 2 oz. Oatmeal cookie= 1 oz.	<b>10 oz. eq.</b> <b>10 whole grain-rich</b>	<b>8-10 oz. eq</b>
<b>Meat/Meat Alternate</b>	Chicken salad= 2 oz.	Hamburger= 2 oz.	Turkey Ham and cheese= 2 oz.	Barbecue chicken= 2 oz.	Stromboli= 2 oz.	<b>10 oz.</b>	<b>9-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	617.24 kcals	600-700 kcals
Sodium	1109.93 mg	≤ 1360 mg
Saturated Fat	6.62 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week  At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

<u>Chicken Salad</u>	<u>Sweet Potato Tots</u>
<u>Barbecued Chicken</u>	<u>Baked Beans</u>
<u>Ranch Potato Wedges</u>	<u>Tossed Salad</u>
<u>Stromboli</u>	<u>Oatmeal Cookie</u>
<u>Three Bean Salad</u>	

### Summary of USDA Foods

#### Grains

Bread, whole grain  
Roll, Whole grain

#### Meat/ Meat Alternate

Chicken  
Beef Patty  
Turkey  
Low sodium Ham  
Cheese

#### Vegetables

Green Beans  
Sweet potato, canned  
Green Peas  
Vegetarian Beans  
Carrots, fresh  
Sweet Corn


#### Fruits

Fresh Apple Slices

### Produce Pricing: Coming Soon!

Conventional	Local
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# Summer Lunch Menu • Week 2 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>3/4 c. Chicken Tetrazzini</b> <b>Whole Grain French bread</b> <b>1/2 c. Seasoned broccoli</b> <b>1/2 c. Cucumber &amp; Tomatoes w/ 2 tbsp. Low-fat ranch dip</b> <b>1/2 c. Fresh Pineapple Chunks</b> <b>Milk</b>	<b>Sloppy Joe on whole grain bun</b> <b>1/2 c. Green beans</b> <b>Tasty Sweet Potato Tots</b> <b>1/2 c. Fresh Strawberries</b> <b>Milk</b>	<b>Chicken Nuggets</b> <b>1/2 c. Orange glazed carrots</b> <b>1/2 c. Succotash</b> <b>1/2 c. Fresh cantaloupe</b> <b>1/2 c. Low-fat vanilla yogurt</b> <b>1/4 c. Granola</b> <b>Milk</b>	<b>Mozzarella Crusted Pollock w/ Vegetable Pasta Salad</b> <b>1/2 c. Fresh Red peppers</b> <b>1/2 c. Hummus</b> <b>1/2 c. Fresh sliced peaches</b> <b>Whole grain blueberry muffin</b> <b>Milk</b>	<b>Veggie or Soy Burger on whole grain bun</b> <b>1/2 c. Potato Salad</b> <b>1/2 c. Sautéed spinach</b> <b>1/2 c. Fresh honeydew</b> <b>Milk</b>		
<b>Fruits</b>	Pineapple=1/2 cup	Strawberries= 1/2 cup	Cantaloupe= 1/2 cup	Peaches= 1/2 cup	Fresh honeydew=1/2 cup	<b>2 1/2 cup</b>	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Broccoli= 1/2 cup			Pasta Salad (Broccoli)=	Cooked Spinach = 1/2 cup	1 1/4 cup	1/2 cup
<b>Red/Orange</b>	Tomato wedges=1/4 cup	Tasty Tots (Sweet potato)= 3/8 cup	Orange Glazed carrots= 1/2 cup	Red pepper slices= 1/2 cup		1 3/4 cup	3/4 cup
<b>Beans/Peas (Legumes)</b>				Hummus (chickpeas)= 1/2 cup		1/2 cup	1/2 cup
<b>Starchy</b>			Succotash (corn)= 1/2		Potato Salad= 1/2 cup	1 cup	1/2 cup
<b>Other</b>	Cucumber=1/4 cup	Green beans= 1/2 cup Tasty Tots (Onion & Chickpea)= 1/4 cup				1 cup	1/2 cup
<b>Total</b>						<b>5 1/2 cup</b>	<b>3 3/4 cups</b>
<b>Grains*</b>	Whole grain roll= 1.5 oz. Tetrazzini =3/4 oz.	Sloppy Joe Bun= 2 oz.	1/4 cup Granola= 1 oz.	Vegetable pasta salad= 1 oz.  Whole grain blueberry muffin= 0.75 oz.	Hamburger bun= 1.5 oz.	<b>8 1/2 oz. eq.</b>  <b>8 1/2 oz. whole grain-rich</b>	<b>8-10 oz. eq</b>
<b>Meat/Meat Alternate</b>	Chicken tetrazzini= 2.0 oz.	Sloppy Joe (Beef) = 2	Chicken Nuggets= 2	Pollock= 2 oz.	Veggie Burger= 2 oz.	<b>10 oz. eq.</b>	<b>9-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	663.24 kcals	600-700 kcals
Sodium	1058.84 mg	≤ 1360 mg
Saturated Fat	6.97 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUASC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week  At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

Chicken Tetrazzini

Sloppy Joe

Sweet Potato Tasty Tots

Orange Glazed Carrots

Mozzarella Crusted Pollock

Vegetable Pasta Salad

Potato Salad

### Summary of USDA Foods

#### Grains

Bread, whole grain

Whole grain spaghetti

Noodles

Roll, Whole grain

#### Vegetables

Green Beans

Sweet potato, canned

Sweet Corn

Potatoes

#### Fruits

Fresh Apple Slices

#### Meat/ Meat Alternate

Chicken


Beef Patty

### Produce Pricing: Coming Soon!

Conventional

Local

## Summer Lunch Menu • Week 3 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Vegetable Pizza with whole grain crust</b> 1/2 c. Potato wedges 1/2 c. Green Beans <b>Low-Fat Strawberry Yogurt</b> 1/2 c. Fresh Blueberries <b>Milk</b>	<b>Honey Mustard Chicken Wrap on whole grain tortilla</b> 1 c. Berry and Spinach Salad 1/2 c. Sweet Corn 1/2 c. Fresh watermelon chunks <b>Milk</b>	<b>All Beef Hotdog on Whole Grain Bun</b> 1/2 c. Tomato & Cucumber w/ 2 Tbsp. Low-fat Ranch Dip 2/3 c. Baked beans 1/2 c. Fresh Honeydew Chunks <b>Milk</b>	<b>Chicken penne (1 1/2 cup)</b> <b>Whole grain roll</b> 1 c. Tossed Salad (romaine lettuce, tomatoes, mushrooms, cucumber) 1/2 c. Fresh grapes <b>Milk</b>	<b>Beef &amp; Bean Burrito</b> <b>Whole grain tortilla chips</b> w/ 1/4 c. Fresh Salsa 1/2 c. Fresh Baby Carrots <b>Whole Banana</b> <b>Milk</b>		
<b>Fruits</b>	Blueberries=1/2 cup	Spinach salad: strawberries and mandarin oranges= 1/2 cup Watermelon= 1/2 cup	Honeydew chunks = 1/2 cup	Fresh grapes= 1/2 cup	Banana= 1 cup	<b>3 1/2 cups</b>	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>		1 cup Spinach salad= 1/2 oz. eq.		1 cup Romaine lettuce= 1/2 cup eq. Chicken penne (Broccoli)= 3/8 cup		1 3/8 cup	1/2 cup
<b>Red/Orange</b>	Pizza (tomato/tomato paste)= 1/2 cup		Cherry Tomato= 1/2 cup		Carrots= 1/2 cup	1 1/2 cup	<b>3/4 cup</b>
<b>Beans/Peas (Legumes)</b>			Baked beans= 1/2 cup		Burrito (Refried beans)= 1/8 cup	5/8 cup	<b>1/2 cup</b>
<b>Starchy</b>	Potato wedges= 1/2 cup		Green peas= 1/2 cup			1 cup	<b>1/2 cup</b>
<b>Other</b>	Green beans= 1/2 cup	Wrap (Broccoli Slaw) = 1/2 cup		Salad (1/8 cup Cucumber & 1/8 cup Mushrooms)= 1/4 cup		1 1/4 cup	<b>1/2 cup</b>
<b>Total</b>						<b>5 3/4 cups</b>	<b>3 3/4 cups</b>
<b>Grains*</b>	Pizza crust= 2 oz. eq.	Wrap tortilla = 1 oz. eq.	Hamburger roll= 1.5 oz. eq.	Chicken penne= 3/4 oz. eq. Whole grain roll= 1 oz.	Burrito tortilla= 1.5 oz. eq. tortilla chips 1.5 oz.	<b>9 1/4 oz. eq.</b> <b>9 1/4 oz. = whole grain-rich</b>	<b>8-10 oz. eq</b>
<b>Meat/Meat Alternate</b>	Pizza= 1 1/4 oz. eq. 1/2 c. (4 oz.) Yogurt= 1 oz.	Chicken wrap= 2 oz. eq.	Hotdog= 2 oz.	Chicken penne= 1 oz. eq.	Burrito= 2 oz. eq.	<b>9 1/4 oz.</b>	<b>9-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	688.45 kcals	600-700 kcals
Sodium	1087.11 mg	≤ 1360 mg
Saturated Fat	7.09 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUASC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week  At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

Vegetable Pizza  
Ranch Potato Wedges  
Honey Mustard Chicken Wrap  
Strawberry Spinach Salad  
Chic' Penne

Baked Beans  
Beef & Bean Burrito  
Tossed Salad

### Summary of USDA Foods

#### Grains

Bread, whole grain  
Rice, Whole Grain  
Roll, Whole grain

#### Vegetables

Green Beans  
Green Peas  
Vegetarian Beans  
Carrots, fresh  
Sweet Corn

#### Meat/ Meat Alternate

Chicken  
Cheese  
Ground Beef


#### Fruits

Fresh Apple Slices

### Produce Pricing: Coming Soon!

Conventional	Local
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# Summer Lunch Menu • Week 4 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>“Quirky” Chicken Quesadilla</b> (whole grain-rich tortilla) 1/2 c. Three Bean Salad 1/2 c. Sweet corn 1/2 c. Pineapple chunks Milk	<b>Whole Grain Rotini and Meat Sauce</b> 1 c. Tossed salad (romaine lettuce, tomato, mushrooms, cucumber) 1/2 c. Fresh blueberry and banana salad Milk	<b>Crunchy Hawaiian Chicken wrap</b> on whole grain tortilla 1/2 c. Scalloped potatoes 1/2 c. Green beans 1/2 c. Fresh strawberries Milk	<b>1 cup Whole Grain Rainbow Rice</b> 1/2 cup Sautéed Spinach 1/4 c. Hummus w/ whole grain pita chips 1/2 c. Fresh raspberries Milk	<b>Pork Salad Wrap</b> on whole grain tortilla <b>Mozzarella Cheese Stick</b> <b>Tasty Sweet Potato Tots</b> 1/2 c. Green peas 1/2 c. Fresh orange slices Milk		
<b>Fruits</b>	Pineapple chunks= 1/2 cup	Blueberry and Banana Salad= 1/2 cup	Strawberries= 1/2 cup	Raspberries= 1/2 cup	Orange slices= 1/2 cup	<b>2 1/2 cups</b>	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>		1 cup Romaine lettuce=1/2 cup eq.	Wrap (Broccoli & Spinach)= 1/4 cup	Sautéed Spinach = 1/2 cup	Pork wrap (Romaine lettuce)= 1/4 cup	1 1/2 cup	1/2 cup
<b>Red/Orange</b>		Cherry tomatoes= 1/2 cup	Wrap (Red pepper)= 1/8 cup	Rainbow rice (Carrots)= 1/8 cup	Tasty tots (Sweet potato)= 3/8 cup	1 1/2 cups	3/4 cup
<b>Beans/Peas (Legumes)</b>	Three Bean Salad (kidney beans)= 1/4 cup Quesadilla (Refried beans)= 1/4 cup			Hummus (Chickpeas)= 1/4 cup		3/4 cup	1/2 cup
<b>Starchy</b>	Sweet corn= 1/2 cup		Scalloped potatoes= 1/2 cup		Green peas= 1/2 cup	1 1/2 cup	1/2 cup
<b>Other</b>		Salad (1/8 cup Cucumber & 1/8 cup Mushrooms)= 1/4 cup	Green Beans= 1/2 cup		Tasty tots (Onion & Chickpea)= 1/4 cup	1 3/8 cup	1/2 cup
<b>Total Vegetable</b>						<b>6 5/8 cups</b>	<b>3 3/4 cups</b>
<b>Grains *</b>	Quesadilla tortilla= 1.5 oz. eq.	Whole grain spaghetti= 1.5 oz. eq.	Wrap tortilla = 1.75 oz.	Rainbow rice= 1 oz. Whole grain pita chips= 1.5 oz.	Pork Salad Wrap=2 oz.	<b>9 1/4 oz. eq.</b> <b>9 1/4 = whole grain-rich</b>	<b>8-10 oz.</b>
<b>Meat/Meat Alternate</b>	Quesadilla (chicken)= 2 oz. eq.	Meat sauce= 1.0 oz.	Wrap (chicken)= 2 oz. eq.	Rainbow rice (Chicken) = 2 oz.	Pork Salad wrap=1.75 oz. Mozzarella cheese stick= 1 oz.	<b>9.75 oz. eq.</b>	<b>9-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich



### Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	683.85 kcals	600-700 kcals
Sodium	942.33 mg	≤ 1360 mg
Saturated Fat	6.23 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUASC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week  At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

Quirky Quesadilla

Rotini and Meat Sauce

Three Bean Salad

Tossed Salad

Crunchy Hawaiian Chicken Wrap

Scalloped Potatoes

Rainbow Rice

Pork Salad Wrap

Tasty Sweet Potato Tots

### Summary of USDA Foods

#### Grains

Bread, whole grain

Rice, Whole Grain

Roll, Whole grain

#### Vegetables

Green Beans

Sweet potato, canned

Green Peas

Potatoes

Carrots, fresh

Sweet Corn

#### Meat/ Meat Alternate

Chicken

Beef Patty

Cheese

Pork

#### Fruits


Fresh Apple Slices

### Produce Pricing: Coming Soon!

Conventional

Local

# Summer Lunch Menu • Week 5 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Chicken Salad Sandwich on whole grain bread</b> <b>Tasty Sweet Potato Tots</b> <b>1/2 c. Sesame Broccoli</b> <b>Whole Banana</b> <b>Milk</b>	<b>Sloppy Joe on whole grain bun</b> <b>1/2 c. Lentils of the Southwest</b> <b>1/2 c. Sweet corn</b> <b>1/2 c. Sliced Cantaloupe</b> <b>Milk</b>	<b>Roasted Fish Crispy Slaw Wrap</b> <b>1/2 c. Three bean salad</b> <b>1 c. Tossed Salad (spinach, cucumbers, mushroom, cherry tomato)</b> <b>1/2 c. sliced strawberries</b> <b>Milk</b>	<b>Cheeseburger on a whole grain bun</b> <b>1/2 c. Summer Squash</b> <b>1/2 c. Potato Salad</b> <b>Fresh plum</b> <b>Milk</b>	<b>Stir Fry Fajita w/ 1/2 c. whole grain Rice</b> <b>Whole Grain Roll</b> <b>1/2 c. Carrots w/ 2 tbsp. Low-fat Ranch dip</b> <b>1/2 c. Fresh Watermelon</b> <b>Milk</b>		
<b>Fruits</b>	Banana= 1 cup	Cantaloupe= 1/2 cup	Strawberries = 1/2 cup	1 whole Plum= 1/2 cup	Watermelon= 1/2 cup	<b>2 1/2 cups</b>	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Broccoli = 1/2 cup		1 Cup Spinach= 1/2 cup eq. Fish wrap (Bok Choy & Romaine lettuce)= 1/4 cup			1 1/4 cup	<b>1/2 cup</b>
<b>Red/Orange</b>	Tasty Tots (Sweet potato)= 3/8 cup	Sloppy Joe (tomato paste)= 1/4 cup	Fish wrap (Carrots)= 1/4 cup		Carrots = 1/2 cup Stir Fry (Butternut Squash; red pepper)= 3/8 cup	1 3/4 cups	<b>3/4 cup</b>
<b>Beans/Peas (Legumes)</b>		Lentils= 1/4 cup	Three bean salad= 1/2 cup			1 cup	<b>1/2 cup</b>
<b>Starchy</b>		Sweet corn= 1/2 cup		Mashed potatoes=1/2 cup	Stir fry (corn)= 1/8 cup	1 1/8 cup	<b>1/2 cup</b>
<b>Other</b>	Tasty Tots (Onion & Chick-pea)= 1/4 cup		Salad (1/8 cup Cucumber & 1/8 cup Mushroom) = 1/4 cup Fish Wrap (Cabbage & Avocado)= 7/8 cup	Summer squash= 1/2 cup	Stir Fry (onion)= 1/4 cup	2 1/8 cup	<b>1/2 cup</b>
<b>Total Vegetable</b>						<b>7 1/4 cups</b>	<b>3 3/4 cups</b>
<b>Grains*</b>	Whole grain bread= 2 oz.	Sloppy joe= 1.5 oz. eq.	Fish Wrap tortilla= 1.5 oz.	Hamburger roll= 2 oz.	Stir Fry (rice) = 1 oz. eq. Whole Grain roll = 1 oz.	<b>8.0 oz. eq.</b> <b>8.0 oz. = whole grain-rich</b>	<b>8-10 oz. eq.</b>
<b>Meat/Meat Alternate</b>	Chicken salad= 2 oz.	Sloppy joe= 2 oz.	Fish wrap= 2 3/4 oz.	Hamburger = 2 oz.	Stir fry= 1 1/4 oz. eq.	<b>9 3/5 oz.</b>	<b>9-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	658.17 kcals	600-700 kcals
Sodium	830.19 mg	≤ 1360 mg
Saturated Fat	6.23 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUASC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week  At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

<u>Chicken Salad</u>	<u>Three Bean Salad</u>
<u>Sloppy Joe</u>	<u>Tossed Salad</u>
<u>Tasty Sweet Potato Tots</u>	<u>Potato Salad</u>
<u>Lentils of the Southwest</u>	<u>Chicken Stir Fry Fajita</u>
<u>Roasted Fish Crispy Slaw Wrap</u>	

### Summary of USDA Foods

#### Grains

Bread, whole grain  
Rice, Whole Grain  
Roll, Whole grain

#### Vegetables

Sweet potato, canned  
Potatoes  
Carrots, fresh  
Sweet Corn

#### Meat/ Meat Alternate

Chicken  
Beef Patty  
Turkey

#### Fruits

Fresh Apple Slices

### Produce Pricing: Coming Soon!

Conventional	Local
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